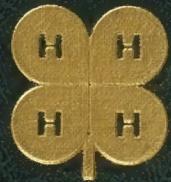


A REPORT TO  
The President of the United States  
RICHARD M. NIXON

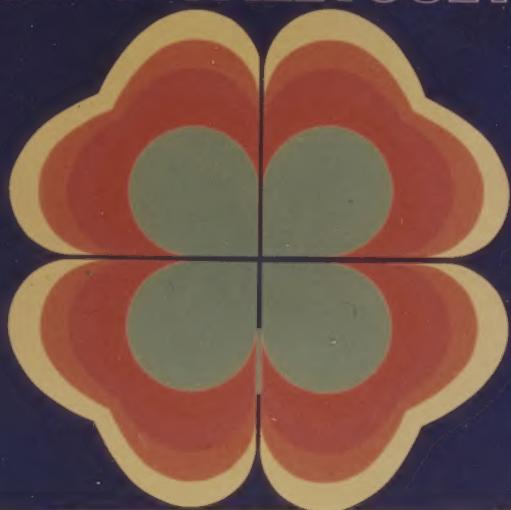
BY 4-H MEMBERS OF U.S.A.

1973





# 4H GETS IT ALL TOGETHER



1

4-H is the youth education program of the Cooperative Extension Service. It is conducted jointly by the U.S. Department of Agriculture, the State Land-Grant Universities, and County governments. Two non-government organizations which team with Extension to advance 4-H work are the National 4-H Service Committee and the National 4-H Club Foundation. This program is available to everyone regardless of race, creed, color, sex, or national origin.



## 4-H gets it all together

### special nutrition education

With the 1973 theme of "4-H Gets It All Together," 4-H'ers across the country are involved in the activities shown here. Nearly five million young people from all races, incomes and backgrounds worked and had fun together in the nation's largest coeducational youth program during this past year. These 4-H'ers come from everywhere—farms, cities, towns—to experience this informal out-of-school learning through clubs, instructional 4-H television series, day camps, special interest courses and special 4-H nutrition programs for youth in depressed city areas.



**2**



**special interest  
course**



**farm-city  
exchanges**

**training sessions**

**4**

camps



clubs



## leadership

Half a million adults and teens volunteered their time and talents to guide these 9-to-19-year olds in the projects and activities suited to the interest and environment of the individual. The work that these 4-H'ers and their leaders do together benefits themselves, their communities and other nations.



6



7



# 8

## projects

Today the most popular 4-H projects are in the areas of animal science; clothing; food and nutrition; recreation, arts and crafts; and plant science and health and safety. All of the projects emphasize the learn-by-doing technique and combine many subjects to offer a chance for the young person to grow physically and emotionally.



animal  
science



9

10



clothing



11



foods and  
nutrition



13



14



recreation,  
arts and crafts





16

plant science





**18**

**health and  
safety**



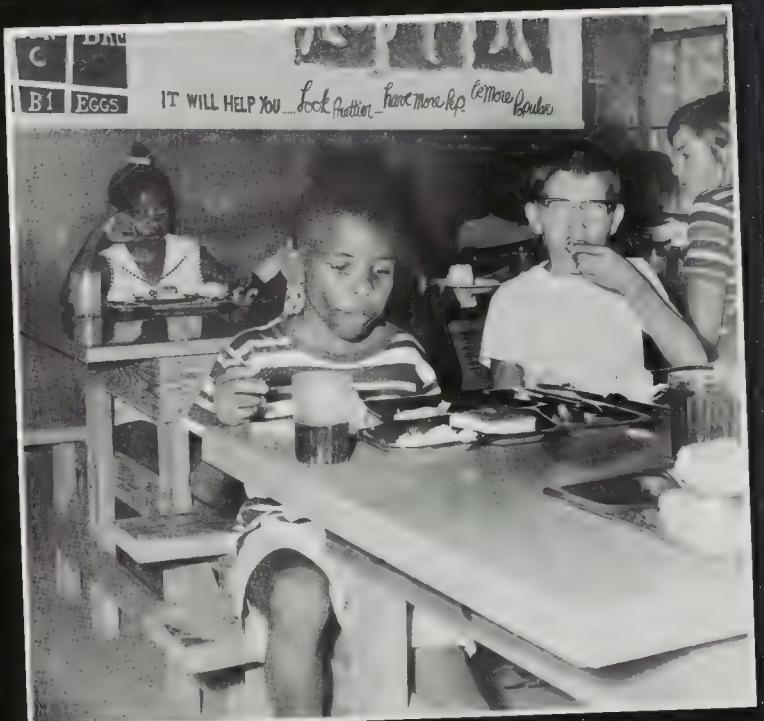
**FIRST AID**



## special programs

As special needs of the people arise public funding has been designated to meet those needs. Three areas of special funding are being emphasized in this year's 4-H program. They are the Expanded Food and Nutrition Education program, urban programs and community development.

eating a  
balanced diet





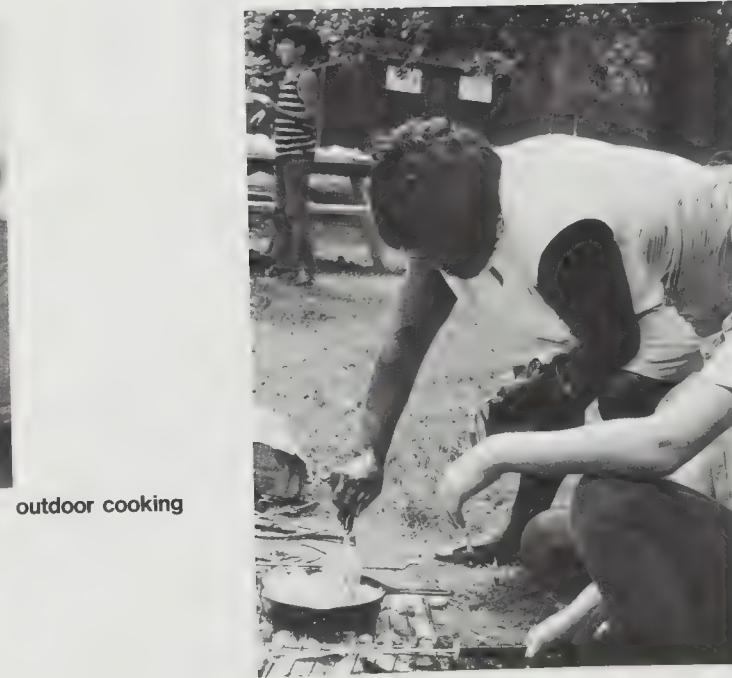
nutrition game

**nutrition education**

The fastest growing phase of 4-H is the Expanded Nutrition Program. Over 880,000 youth participated in camps, tours, educational games and viewed films and television programs dealing with nutrition this year. They learned that it's fun and easy to get a balanced diet no matter where you live. Along with better eating habits, they learned easy food preparation and food shopping skills.



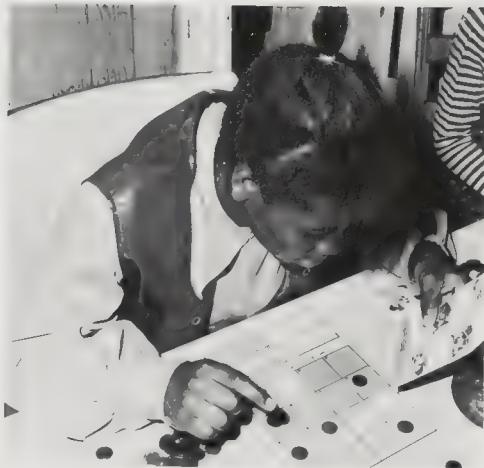
food preparation



outdoor cooking



a helping hand



what did you eat?

24



photography

### urban programs

As 4-H expands to urban areas, many traditional projects take on new looks. The garden or field crop project becomes a mini-garden in a windowbox or a small plot in a vacant lot. They learn to repair lawn mowers and manage money through yard maintenance projects. Other projects vary from embryology to drill teams, from rocketry to consumer education and pet care to crafts and photography.

25



rocketry

26



drill team



woodcraft



lawnmower  
repair



growing plants

## community development

4-H'ers are concerned about where they live. They are involved in conservation of energy, soil, water and wildlife, pollution control, community beautification and cleanup. They served on local or state community development committees, conduct studies and campaigns, and organize projects such as sanitary landfills, paper and glass recycling and soapsuds removal from sewage. They have developed community centers, encouraged needed businesses to locate in the area and helped restore historical sites.



study



paper, glass and  
can drives



29

30



surveys



community  
planning



helping others

## private support

Special funding for 4-H from private sources strengthens programs and activities available to young people. The National 4-H Foundation conducts workshops in citizenship and leadership for teens and adults as well as staff development and training for volunteers and professional staff members. Their International programs have grown from cultural exchanges to include youth development and work study programs today. Major businesses also support 4-H through the National 4-H Service Committee. They offer technical assistance, educational materials and incentives and recognition for the young people. This relationship comes alive for 4-H'ers as they meet and discuss common interests with corporate officials at the National 4-H Congress each fall.



teen leadership



staff development

34



agricultural trainees

35



youth development

36



4-H'ers and corporate leaders get together



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## 4-H is young people learning and doing.....

### YOUTH SERVED IN 1972

Members in Organized 4-H Clubs .....	2,173,799
Youth in 4-H Special Interest Groups ....	545,018
Instructional 4-H TV Members .....	411,230
Special 4-H Nutrition Programs for City	
Youth .....	866,220
Youth Attending Extension 4-H—Youth Conducted Camps .....	385,814
Other Youth Contacted or Provided As- sistance .....	1,480,040

31.2%—lived on farms.

43.2%—lived in towns under 10,000 and open  
country.

12.6%—lived in towns and cities 10,000 to 50,000.

6.1%—lived in suburbs of cities of over 50,000.

6.9%—lived in central cities of over 50,000.

18.5%—are of minority racial groups.

### VOLUNTEER LEADERSHIP IN 4-H—1972

Adult 4-H Leaders .....	307,689
Junior and Teen Leaders .....	146,599
Volunteer Leaders Assisting in the Spe- cial 4-H Nutrition Programs for City	
Youth .....	51,350

### 4-H PROJECT ENROLLMENTS—1972

Total 4-H Project Enrollments .....

(Average of 2.75 projects per member)

#### Most popular projects:

Animal Science, Production .....	1,207,499
Clothing .....	786,312
Food and Nutrition* .....	771,644
Recreation, Arts, Crafts .....	555,181
Plant Science, Crops .....	528,078
Community Service, Citizenship .....	387,455
Conservation—Soil, Water, Wildlife, Forestry .....	382,389
Safety, Emergency Preparedness .....	369,233
Health, Physical Fitness .....	299,454
Personal Development .....	263,926
Bicycle Care and Safety .....	263,102
Tractor, Small Engines, Automotive ...	197,303
Home Improvement and Furnishings ...	174,423
Public Speaking .....	167,945
Woodworking and Other Shop .....	126,139
Family Life, Child Care .....	120,675
Electric .....	119,580
Home Management, Money Management	108,823
Photography .....	101,559
Career Exploration .....	67,842

\* Does not include youth who participated in ac-  
tivities in connection with the 4-H Expanded  
Food and Nutrition Education Program.





